

fce. TODAY

The Official Publication of the National Association for Family & Community Education

Welcome to the “spring” addition of the FCE TODAY. I say that a little “tongue in cheek”. It’s been a hard winter for some of us. Lots of snow, ice, and blowing! But isn’t it nice to think that spring is just around the corner. Soon the flowers will be blooming and the sun shining and our winter woes will be just a memory.

I hope that you have or will soon be registering for conference in Grand Rapids, Michigan, July 15-18, 2010. Also remember to register for FCL Day July 14, 2010. We have some great programs lined up for you and also some entertainment that we think you will enjoy. Be sure to check the deadlines for reports and recognitions that will be made during the conference.



Here are some “TRUTHS of LIFE”.....

A clear conscience is usually the sign of a bad memory.

A closed mouth gathers no feet.

Bills travel through the mail at twice the speed of checks.

Blessed are they who can laugh at themselves for they shall never cease to be amused.

THINK ABOUT IT!

Wally Amos once said: “My experiences have shown me that life truly is a journey and the less baggage we carry the easier the ride.” Baggage can also be identified as being involved, from time to time, with people that you don’t like, don’t trust, or just find annoying. It isn’t always possible, but consider how great it would be to go through a day only speaking to people you truly enjoy. Our goal must be to try to cut back on anything negative so all you have left are the positives.

Thought for the Day:

"You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose." -
Dr. Seuss



Bettie Lucas
National FCE President

TOURS FOR 2010 CONFERENCE-GRAND RAPIDS, MICHIGAN

TOUR A

Thursday, July 15
8 am to 5 pm

Experience a once-in-a-lifetime tour in one of the world's largest manufacturers of American automobiles in Flint. It's where General Motors originated and today you'll marvel at the robotic arms and the amazing speed at which new vehicles come off the conveyer line, each with a different new color for 2011. A second mystery tour is included in your day. Lunch is included

TOUR B

Thursday, July 15
8am to 5 pm

Learn about Dutch cuisine and traditions, including a hands-on lesson in making Bon-ket, one of the Netherlands' favorite desserts. Enjoy the klompen dancers, tour the authentic working Dutch Windmill and the Delftware and wooden shoe factory. Dutch meal included in the town of Holland.

TOUR C

Monday, July 19
8 am to 5 pm

Experience a Bavarian holiday in the famous Christmas city in Michigan. See the tale of the "Pied Piper", shop for Christmas in July, enjoy an authentic Bavarian meal with costumed servers, and then view a scenic route through the wooded hills of the area around Frankenmuth.

TOUR D

Monday, July 19
8 am to 5 pm

Hear stories of Amish heritage on our back roads country tour near Shipshewana. We'll stop at the Deutsche Kase Haus (Cheese House), a buggy shop, a Quilt and Crafts shop and enjoy a "haystack" for lunch before seeing an array of furnished miniature buildings including a Victorian toy store and an Irish cottage in Hickory Corners.

Reservations due by May 1, 2010

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Make checks payable to and mail to:
D'Lightful Tours
3672 H Road
Dunbar, NE 68346
402-269-2616
308-246-5383

darudolph@juno.com
hesteenson@juno.com

All Tours \$99.00

MINIMUM of 15 for all tours

Lunch included in all tours

Please state 1st and 2nd choice
 For either/both days

Thursday, July 15th

_____ **Tour A** \$ _____

_____ **Tour B** \$ _____

Monday, July 19

_____ **Tour C** \$ _____

_____ **Tour D** \$ _____

TOTAL Enclosed \$ _____



Is Pleased to Welcome the

NAFCE – 2010 Conference
July 9-20, 2010

Guest Name: _____

Sharing With: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

Telephone: _____

Arrival Date: _____ Departure Date: _____

The Hilton Grand Rapids Airport extends the discounted rate of **\$105.00** per night based on single/double/triple/quad occupancy.

I Request the Following: _____ King Bed _____ Double Beds

Hilton Grand Rapids Airport is a 100% non-smoking hotel.

The above rates are subject to a 6% state tax and 8% local taxes.

Check In: After 3:00 pm Check Out: 12:00 pm (Noon)

Please guarantee my reservation with the following:

_____ Credit Card _____ Expiration Date _____

_____ Advance Deposit enclosed: 1st night's room (\$105.00) and 14 % tax (\$14.70) is required. Total of \$119.70

Reservations must be received by June 18, 2010.

Cancellation Policy

All cancellations must be made by 4 pm day of arrival.

If cancellation is not received, you will be charged a "No Show" of 1 nights room and tax.

Please fax to the Hilton Grand Rapids at:

616-957-2977

Or mail to:

4747 28th Street SE

Grand Rapids, MI 49512

Phone: 616-957-0100

You can also book online at:

<http://www.hilton.com/en/hi/groups/personalized/GRRHIHF-NAFCE-20100709/index.jhtml>

NATIONAL FCE SUSTAINER

National Association for Family & Community Education will celebrate 75 years of exemplary work in 2011. This will be a real milestone in our history. For 75 years FCE has helped individuals, families and communities become stronger by offering continuing education, leadership development, and focusing that education and leadership into community action.

FCE has produced to date 47 Hearth Fire Series lessons. These easy to read, easy to present lessons are being used by local groups to teach various subjects among the members. Hearth Fire Series have gone beyond our FCE organizations and into many civic and social organizations. Those using these lessons have praised the timely manner in which the subjects are produced and the ability of the writers to convey their message in understandable language. More new Hearth Fires will be introduced at the conference in Grand Rapids, Michigan in 2010.

The Family Community Leadership (FCL) program is now almost 30 years old. This year in Portland we held our third annual FCL Day where participants received hours toward their Leader certification. Four teams of two people are writing and presenting *new* FCL material for FCL Day in Grand Rapids. The National Board is in the process of putting together a new up to date "FCL Box."

State affiliates still enjoy telling others what they are doing in their communities by participating in the program award book and program award display boards. States are doing some amazing work using our Family & Community Education materials. Communities are offered such topics as health, life skills, social skills, board service, conflict resolution, and many more.

National FCE is a member of the CHARACTER COUNTS! Coalition. FCE promotes the six pillars of character in publications and promotions. The "FCE FRIENDS," Buzzee-Trustworthiness; Icky-Respect; Webster-Responsibility; Squeak-Fairness; Clarence-Caring; Micka-Citizenship; are featured in the storybooks "Adventures of the FCE FRIENDS."

NAFCE invites **YOU** to become a "**Sustainer**". We are asking that you support NAFCE with a donation in order that FCE may continue the good work we have done over the past seven decades. We encourage you to select one of the following categories of donations:

\$120 plus Hearthfire
\$51 to \$119 Lamplight
\$50 Oak Leaf
\$25 Wheat

Donations can be made by check or credit card . It's easy to donate. Just fill out the form below and mail to NAFCE Treasurer Susie Martell. Your donation is tax deductible and your name will be published in the Annual Report as an "FCE Sustainer."



I want to be a National FCE *SUSTAINER*



NAME: _____

ADDRESS: _____

CITY & STATE: _____ ZIP: _____ PHONE: _____

YES, I will donate \$120 \$100 \$75 \$50 \$25 \$ _____

Make check or money order payable to "National FCE"

Please bill my credit card: VISA or MASTERCARD

ACCT. # _____ EXP. DATE _____

KNOW YOUR NATIONAL BOARD

Betty Schalk is the newly elected Central Region Public Policy Coordinator. She has been an FCE member since 1979, having served on the local board, the Southeast District Council, and as Missouri State President. She most recently served as the chairman of the On-Site Committee for the 2009 NAFCE Conference.

Betty lives in Poplar Bluff, MO with her husband Tom. They have three grown children and six grandchildren. Betty stays busy with church, traveling, painting, gardening, reading, and square dancing. She is the Home Economics and Agriculture Superintendent at the Butler County Fair and Director of Rombauer General Baptist Children's Church.

Betty is employed by the University of Missouri, Natural Resource Department, part time. She works when needed doing the cooking, cleaning and anything else that makes the camp work.

Betty has earned her National FCE Trainer Certification. She has attended several National meetings and one ACWW meeting, always learning so much to take home to share with the community.

Betty is excited and honored to be elected on the National Board.



Betty Schalk
Central Region Public Policy Coordinator

Lynn Maples, the newly elected Central Region Program Coordinator, lives in Doniphan, MO, with her husband of nearly 47 years, Bill. Lynn has been an FCE member for 8 years, serving as local club President, County VP, and State President. Currently, she is local club President and County Treasurer. She attended ACWW's 2007 Triennial in Finland. She was On-Site Audio Visual Chair for the 2009 NAFCE Conference. She has attended four National Conferences and looks forward to serving on the National Board.

Lynn holds a BS in Business Administration & Accounting, as well as a Master's degree in Elementary Education.

Currently, she works part-time as Curator for the Current River Heritage Museum in Doniphan, MO, and serves as Secretary on the Board of Directors for Doniphan Neighborhood Assistance Program. She and Bill have three grown children with nine grandchildren. She loves to read, sew, all kinds of needlework, any thing to do with computers, and puzzles of all kinds.

Lynn is looking forward to working with the members across the Central Region while serving on the NAFCE Board of Directors.



Lynn Maples
Central Region Program Coordinator

I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man.

– George Washington, 1st President (1732-1799)

Speak-Up and Get Involved!

Daniel Webster once said, "I apprehend no danger to our country from a foreign foe . . . Our destruction, should it come at all, will be from another quarter. From the inattention of the people to the concerns of their government, from their carelessness and negligence, I must confess that I do apprehend some danger. I fear that they may place too implicit a confidence in their public servants, and fail properly to scrutinize their conduct; that in this way they may be made the dupes of designing men, and become the instruments of their own undoing. Make them intelligent, and they will be vigilant; give them the means of detecting the wrong, and they will apply the remedy."

One of the wonderful freedoms that we as Americans hold dear is to elect public officials that we feel will do the most good for our country and then to hold them accountable to their office. Many of us are unnerved by the opportunity to hold them accountable. We don't know where to start, what to say or do. It can be a daunting experience if we are unsure where to begin.

Here are a few suggestions to help you get involved in the process:

1. Know who your representatives are. What level of government are you going to be contacting? Is it city, county, state, or federal? Do you know who represents you at all these levels? Find out!
2. Communicate with your representatives! It isn't always easy, but it will be worth it!!!
3. Participate. Attend some city council meetings, attend school board meetings, or attend the local water board meeting. Get yourself known to your representatives. Volunteer to serve on committees!
4. Work to identify people who have the same feelings about issues that you do and form a coalition with them.
5. Be an informed voter!!!! Read the voters pamphlet, ask questions, and listen! "Every wise man started out by asking many questions!" (Fortune Cookie!!!)

Don't give up. It takes time to get worthwhile changes made. If the change doesn't go your way, it still will have been an excellent learning experience.

It is our responsibility as Americans to be involved. After all, we have "government of the people, by the people, for the people." We need to remember Thomas Jefferson's words; "All tyranny needs to gain a foothold is for people of good conscience to remain silent." So, speak-up and get involved!



Bonnie Teeples
VP for Public Policy

**If there is light in the soul,
There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.**
– Chinese proverb

ZIPLOC® OMELET

This works great!!! Good for when your FCE club gets together. The best part is that no one has to wait for their special omelet.

Have guests write their name on a quart-size Ziploc® freezer bag with a permanent marker.

Crack two large or extra-larges eggs into the bag (not more than two) shake to combine them. Have a variety of ingredients for each person to choose from i.e.: cheese, ham, onion, green pepper, tomato, hash brown, salsa, etc. Each guest adds ingredients of their choice to their bag and shakes. Make sure to get the air out of the bag and zip it up.

Place bags into rolling boiling water for exactly 13 minutes. You can usually cook 6 – 8 omelets in a large pot. For more have another pot of boiling water. Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed.

Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and a great conservation piece.

VOICES FROM THE PAST

“About 1920, or perhaps before that I remember going to Extension demonstrations on horseback. One of the reasons I joined the Extension club is that I was a young homemaker and had a growing family and I found new ways of canning and homemaking.”

Minnine Muprhey, SD

“Probably the most humorous lesson was the project where they taught us how to shell peas in our old wringer washing machines. We were supposed to put a sheet all around the wringer and I just had the most awful mess. Trying to get those peas through that wringer, there were peas all over the basement.”

Alice Wand, OR

Source: VOICES OF AMERICAN HOMEMAKERS, *An oral history project of the National Extension Homemakers Council.*
Eleanor Arnold, Editor

NAFCE.ORG

Have you visited www.nafce.org recently? If not please take few minutes to look it over a lot of changes have occurred.

Our account manger with our web site host **ISOCNET**, Michele Schneider spent many hours making the changes. Her managers also got involved, something they usually leave to her. Michele recently visited National FCE Headquarters and spent a couple of hours training me on how to keep our website up to date. Previously we had to wait until there were enough changes or corrections that would take approximately an hour to complete since that is how the fees were billed. Now I can make the changes in a few minutes, it's fun and who knows what will appear!

If you see an error or something that needs changed, please let us know. **Do not** send the changes to National Headquarters **all** changes must be sent to Website Chair Bonnie Russell, her email is bonton67519@dishmail.net.

The website is now much more user friendly and has the information that was previously in your **National Member Handbook**. You can print off forms, register for conference, find contact information, and don't forget visit the online catalog, a quick easy way to purchase lessons for your club. If you don't have computer access most libraries offer free internet service plus they offer classes on how to use it.

I am still available and will be happy to help you with any questions or problems.

Visit the website often and watch for coming events and specials that your club can use!

Judy Jones
National FCE Headquarters

2010 NDFCE Dues

As you can see by the 2010 FCE membership form (included in this newsletter), National FCE dues increased 50 cents this year. What a deal – membership in a National (no...in an **International!**) organization for \$16.50! North Dakota FCE dues remain the same this year - \$10. SO, for a total of \$26.50 you are a member of an International Organization involved in continuing education, developing leadership, and community action. At your fingertips you have information on how to handle stress, bullies and cyber bullying, osteoporosis, US flag etiquette, Alzheimer's, being a lobbyist, healthy heart, how to make good decisions on purchasing video games, music, books for your children...just to mention a few! And the friendships that you have developed over the years are priceless! That is why I like to attend the State FCE Conferences AND National FCE Conferences. Besides learning many new things, I meet fellow FCE members from around North Dakota and around the entire United States.

\$26.50...One meal for my family at KFC (if I'm lucky)...one month of cell phone service (with minimum extras)...about four stops at Starbucks for coffee...walking shoe (just ONE)...about 9 gallons of gas (on a good day)...one pedicure (or maybe only a 7 toe pedicure)...about 5 minutes at the casino... one meal at a nice restaurant (but not TOO nice)...one month of cable service ... One year membership in FCE - **PRICELESS!!!**

Joan Geyer
NDFCE Editor
National FCE Secretary 2006-2008

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